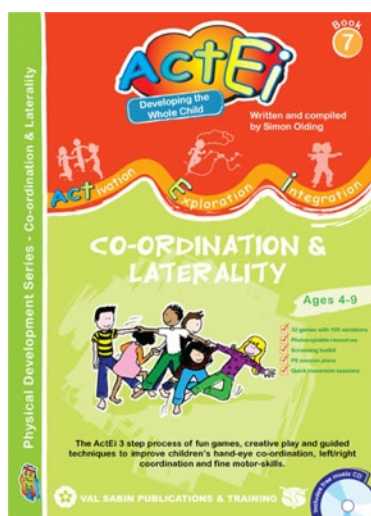




Free Resources from
www.achievementinmind.com



Improving Children's... Coordination and Laterality



Children with poor coordination or laterality may appear clumsy and look awkward playing or running and find catching and racket games difficult. In the classroom they often have poor handwriting and may read and write some of their numbers and letters back-to-front.

Using combinations of hand-eye, homolateral and cross lateral techniques, the ActEi games in this book aim to improve left and right coordination, laterality, awareness of dominant and non-dominant hands, coordination of the whole body, fine motor skills and more...

Innovative, fun and holistic - a fresh approach to movement education



The 3 books in the ActEi physical development series help children master basic and fundamental movements leading to improvements in the smooth performance of skill.



The 4 books in the ActEi sensory development series help children develop an awareness of their senses, increasing their ability to process sensations and improve physical performance.



The 2 books in the ActEi personal development series help children attain a greater understanding of themselves and increases their positive self concept and sense of who they are.

I Opposites



5 minutes



Individually



track

Purpose: For lateral co-ordination, balance and core postural stability

Resources: None

Integration Play

- Starting from a standing straight position. Slowly lift your left leg and reach across and touch your knee with your right hand. Slowly return to the start position.
- Now slowly lift the right leg and touch your knee with your left hand.
- Repeat for approximately 2 minutes do this slowly. Good to have some music with this one to keep an appropriate rhythm.



Variations

Start with same side moves - left leg and left hand etc.

Stand with your back leaning on a wall for support

Move very slowly and close your eyes. Follow the movement of the hand with your eyes



Teaching/Observation Points

- Make sure the hand and knee meet across the middle of the body.
- If children are wobbling, do it leaning or lying down
- Can the body be kept straight or is it bending and leaning forwards?

Observations